

## ABSTRACT OF THE DISCLOSURE

The invention involves foot care method and apparatus for imposing a predetermined inter-digital spacing between adjacent ones of one or more pairs of toes on a foot for purposes of correcting deformed joints and/or appendages. The apparatus  
5 includes one or more inter-digital columns extending between the toes, each column being width-adjustable to fix inter-digital spacing. The foot care method involves fitting a user's foot with such apparatus and adjusting the width of the one or more inserts to properly splay the user's toes as indicated by the location and extent of the deformation. The apparatus is gripped by the toes of the user's foot or, alternatively, may be suitably  
10 fastened.